

Power Karate Academy powerkarateacademy@gmail.com | 709.330.9923 | www.powerkarateacademy.com



Testing Requirements to Obtain Ichi Kyu (Brown³ Belt)

I. Kata: Select one of the following katas:

Tekki Sandan, Bassai Dai, Jion, Enpi, Kanku Dai, Hangetsu, Jitte or Gankaku

II. Kihon:

Note: (Each sequence to be performed three times)

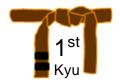
- 1. Stepping Forward: Zenkutso-dachi Oizuki Sanbon Zuki: Jodan X1, Chudan X2
- 2. Stepping Backward: Zenkutso-dachi Jodan Ageuke, Chudan Gyaku zuki
- 3. Stepping Forward: Zenkutso-dachi Chudan Soto Udeuke, Kiba-dachi Enpiuchi, Jodan Tate Urakenuchi
- 4. Stepping Backward: Kokutsu-dachi Chudan Shutouke, Kizame Maegeri, Zenkutso-dachi Nukite
- Stepping Forward: Zenkutso-dachi Chudan Uchi Udeuke, Gyakuzuki MAWATTE
- Stepping Forward: Zenkutso-dachi Maegeri Rengeri: Chudan Kizame Maegeri X1, Jodan Maegeri X1 MAWATTE
- 7. Stepping Forward: Zenkutso-dachi Mawashigeri Rengeri: Chudan Kizame Mawashigeri X1, Jodan Mawashigeri X1
- 8. Left & Right Side: Kiba-dachi Jodan Yoko Keage
- 9. Left & Right Side: Kiba-dachi Chudan Yoko Kekomi
- Stepping Forward: Zenkutso-dachi Chudan Yoko Kekomi, Mawashigeri, Gyakuzuki MAWATTE
- 11. Stepping Forward: Zenkutso-dachi Chudan Mawashigeri, same leg Yoko Kekomi, Gyakuzuki
- 12. No Movement: Zenkutso-dachi Jodan Maegeri to front, Jodan Yoko Keage to side, Chudan Yoko Kekomi to side.
- 13. Control Test: Zenkutso-dachi Gyaku zuki to target moving up & down & side-to-side, held by examiner at maximum speed and focus point just short of making contact. Execution requires use of maximum reach in employment of Gyaku zuki

III. Kumite - Kihon Ippon Kumite - Zenkutso-dachi (One Step Basic Sparring)

- 1. Attack Side: Stepping Forward: Jodan Oizuki
 - Block Side: Stepping Backward: Jodan Ageuke, Chudan Gyakuzuki
- 2. Attack Side: Stepping Forward: Chudan Oizuki
 - Block Side: Stepping Backward: Uchi Udeuke/Soto Udeuke, Chudan Gyakuzuki
- 3. Attack Side: Stepping Forward: Chudan Maegeri
 - Block Side: Stepping Backward: Gidan Uke, Chudan Gyakuzuki
- 4. Attack Side: Stepping Forward: Chudan Ushirogeri
 - Block Side: Stepping Backward: Soto Udeuke, Chudan Gyakuzuki
- 5. Attack Side: Stepping Forward: Chudan Yoko Kekomi
 - Block Side: Stepping Backward: Soto Udeuke, Chudan Gyakuzuki



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Tekki Sandan, Bassai Dai, Jion, Enpi, Kanku Dai, Hangetsu, Jitte or Gankaku

II. Kihon:

Note: (Each sequence to be performed three times)

- 1. Stepping Forward: Front Stance One Step 3 Punches: Face Level X1, Stomach Level X2
- 2. Stepping Backward: Front Stance Rising Block, Stomach Level Reverse Punch
- 3. Stepping Forward: Front Stance Stomach Level Outside Block, Shifting into Straddle Leg Stance Elbow, Face Level Vertical Back Fist
- 4. Stepping Backward: Back Stance Stomach Level Knife Hand Block, Front Leg Front Kick, Shifting into Front Stance Spearhand
- 5. Stepping Forward: Front Stance Chudan Inside Forearm Block, Reverse Punch TURN AROUND
- 6. Stepping Forward: Front Stance Double Front Kick: Stomach Level Front Leg Front Kick X1, Face Level Front Kick X1

TURN AROUND

- 7. Stepping Forward: Front Stance Double Roundhouse Kick: Stomach Level Front Leg Roundhouse Kick X1, Face Level Roundhouse Kick X1
- 8. Left & Right Side: Straddle Leg Stance Face Level Side Snap Kick
- 9. Left & Right Side: Straddle Leg Stance Stomach Level Side Thrust Kick
- 10. Stepping Forward: Front Stance Stomach Level Side Thrust Kick, Roundhouse Kick, Lunge Punch. TURN AROUND
- 11. Stepping Forward: Front Stance Stomach Level Roundhouse Kick, Same leg Side Thrust Kick, Lunge Punch.
- 12. No Movement: Front Stance Face Level Front Kick to front, Side Snap kick to side, Stomach Level Side Thrust Kick to side.
- 13. Control Test Examinee from Zenkutso-dachi executes Gyakuzuki to target moving up and down & side-to-side held by examiner at maximum speed and focus point just short of making contact. Execution requires use of maximum reach in employment of Gyakuzuki.

III. Kumite - Kihon Ippon Kumite - Front Stance (One Step Basic Sparring)

- 1. Attack Side: Stepping Forward: Face Level Punch
 - Block Side: Stepping Backward: Rising Block, Reverse Punch
- 2. Attack Side: Stepping Forward: Stomach Level Punch
 - Block Side: Stepping Backward: Stomach Level Block, Reverse Punch
- 3. Attack Side: Stepping Forward: Stomach Level Front Kick
 - Block Side: Stepping Backward: Downward Block, Reverse Punch
- 4. Attack Side: Stepping Forward: Stomach Level Back Kick
 - Block Side: Stepping Backward: Outside Forearm Block, Reverse Punch
- 5. Attack Side: Stepping Forward: Stomach Level Side Thrust Kick
 - Block Side: Stepping Backward: Outside Forearm Block, Reverse Punch